

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Retinol (µg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: September 16, 2016 02:35 EDT

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	32000
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	17862
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	17440
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	16912
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	16891
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	13447
05150	Goose, liver, raw	94.0	1.0 liver	8750
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	6610
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	6411
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	6367
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	6284
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	6260
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	5777
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	5698
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	5273
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	5194
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	5030
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	4594
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	4388
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	4206
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	4153
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	85.0	3.0 oz	4015
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	3542
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	3348
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	3318
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	2539
07911	Liverwurst spread	55.0	0.25 cup	2250
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	2095
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	1889

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10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	1843
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	1750
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	1614
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	1495
07040	Liver cheese, pork	28.35	1.0 oz	1489
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	1448
04589	Fish oil, cod liver	4.5	1.0 tsp	1350
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	1196
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	1115
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	1065
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	946
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	887
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	883
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	750
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	742
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	720
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	643
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	611
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	559
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	557
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	555
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	525
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	525
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	524
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	521
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	517
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	504
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	502
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	500
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	494
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	486
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	482
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	480
01024	Cheese, limburger	134.0	1.0 cup	454
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	454

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36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	449
01009	Cheese, cheddar	132.0	1.0 cup, diced	436
01034	Cheese, port de salut	132.0	1.0 cup, diced	413
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	401
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	397
01030	Cheese, muenster	132.0	1.0 cup, diced	392
01005	Cheese, brick	132.0	1.0 cup, diced	378
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	375
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	375
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	375
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	375
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	375
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	375
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	375
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	375
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	374
01040	Cheese, swiss	132.0	1.0 cup, diced	374
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	364
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	362
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	361
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	356
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	354
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	351
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	346
01020	Cheese, fontina	132.0	1.0 cup, diced	341
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	339
01011	Cheese, colby	132.0	1.0 cup, diced	339
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	338
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	338
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	331
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	330
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	329
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	326
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	324
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	323
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	322

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01137	Egg, yolk, dried	67.0	1.0 cup, sifted	320
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	318
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	318
06167	Sauce, homemade, white, thick	250.0	1.0 cup	318
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	317
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	304
01035	Cheese, provolone	132.0	1.0 cup, diced	304
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	300
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	300
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	298
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	298
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	294
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	294
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	294
43541	Ice creams, chocolate, rich	148.0	1.0 cup	293
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	292
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	291
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	291
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	289
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	287
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	285
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	284
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	281
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	279
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	277
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	270
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	269
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	269
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	269
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	268
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	266
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	266
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	264
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	264
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	261

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08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	259
06166	Sauce, homemade, white, medium	250.0	1.0 cup	258
01032	Cheese, parmesan, grated	100.0	1.0 cup	255
01133	Egg, whole, dried	85.0	1.0 cup, sifted	255
01025	Cheese, monterey	132.0	1.0 cup, diced	253
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	241
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	238
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	238
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	235
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	235
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	234
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	231
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	229
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	228
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	226
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	225
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	225
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYN0-BITES	29.0	0.75 cup (1 NLEA serving)	225
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	225
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	225
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	225
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	225
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	225
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	225
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	225
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	225
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	225
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	225
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	225
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	225
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	224
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	224
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	224
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	224
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	224
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	224

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42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	224
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	224
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	224
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	223
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	223
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	223
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	223
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	222
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	222
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	221
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	221
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	221
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	219
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	218
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	218
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	217
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	217
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	216
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	216
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	216
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	215
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	215
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	215
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	215
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	214
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	212
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	212
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	211
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	208
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	206
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	204
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	204
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	203
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	201
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	199
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	198

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08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	198
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	197
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	197
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	197
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	196
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	195
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	193
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	193
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	192
19089	Ice creams, vanilla, rich	107.0	0.5 cup	192
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	189
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	188
01019	Cheese, feta	150.0	1.0 cup, crumbled	188
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	187
15049	Fish, mackerel, king, raw	85.0	3.0 oz	185
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	183
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	181
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	181
06165	Sauce, homemade, white, thin	250.0	1.0 cup	180
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	180
15005	Fish, bluefish, raw	150.0	1.0 fillet	180
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	180
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	178
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	178
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	176
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	173
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	173
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	172
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	171
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	171
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	170
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	170
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	168
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	168
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item (6.4 oz)	167

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	167
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	167
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	166
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	164
11658	Spinach souffle	136.0	1.0 cup	163
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	162
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	162
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	161
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	161
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	161
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	160
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	158
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	158
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	158
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	157
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	156
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	156
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	156
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	155
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	155
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	155
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	154
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	154
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	154
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	154
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	152
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	151
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	151
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	151
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	150
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	150
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	150
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	2.5	1.0 portion, amount of dry mix to make 8 fl oz prepared	150
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	150

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	150
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	150
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	150
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	150
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	150
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	150
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	150
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	150
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	150
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	150
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	150
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	150
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	149
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	149
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	149
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	149
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	149
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	149
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	149
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	149
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	149
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	149
43543	Milk, imitation, non-soy	244.0	1.0 cup	149
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	149
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	149
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	149
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	148
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	148
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	148
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	148
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	148
18459	Breakfast tart, low fat	52.0	1.0 tart	148
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	148
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	148
01057	Eggnog	254.0	1.0 cup	147
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	147

NDB_No	Description	Weight(g)	Measure	Retinol(µg Per Measure
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	147
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	146
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	146
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	146
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	146
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	145
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item (6.3 oz)	145
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	145
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	145
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	145
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	144
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	143
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	143
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	143
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	143
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	143
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	142
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	142
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	142
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	142
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	142
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	142
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	142
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	141
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	141
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	141
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	141
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	140
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	140
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	140
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	140
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	140
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	140
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	139
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	139

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	139
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	138
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	138
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	137
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	137
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	137
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	137
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	137
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	137
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	137
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	136
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	136
01156	Cheese, goat, hard type	28.35	1.0 oz	136
21023	Fast foods, french toast with butter	135.0	2.0 slices	135
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	135
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	135
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	134
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	134
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	134
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	134
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	134
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	133
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	131
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	131
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	131
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	130
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	130
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	130
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	129
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	129
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	129
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	129
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	128
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	128
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	128
11656	Corn pudding, home prepared	250.0	1.0 cup	128

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	128
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	127
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	127
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	126
36019	APPLEBEE'S, chili	136.0	1.0 cup	126
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	126
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	124
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	124
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	123
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	122
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	122
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	122
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	120
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	120
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	120
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	119
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	119
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	119
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	119
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	117
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	116
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	116
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	115
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	115
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	115
01157	Cheese, goat, semisoft type	28.35	1.0 oz	114
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	113
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	113
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	113
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	113
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	112
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	110
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	110
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	110
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	110

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	110
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	109
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	109
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	109
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	109
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	109
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	109
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	109
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	108
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	108
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	108
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	108
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	108
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	108
01109	Milk, sheep, fluid	245.0	1.0 cup	108
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	108
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	108
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	108
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	108
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	108
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	108
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	108
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	108
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	108
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	108
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	108
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	108
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	108
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	108
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	108
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	108
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	108
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	107
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	107
07951	Scrapple, pork	17.0	1.0 cubic inch	106

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	106
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	106
01003	Butter oil, anhydrous	12.8	1.0 tbsp	105
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	105
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	104
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	104
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	104
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	103
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	103
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	102
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	102
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	102
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	101
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	101
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	100
01128	Egg, whole, cooked, fried	46.0	1.0 large	99
21139	Fast foods, potato, mashed	242.0	1.0 cup	99
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	98
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	98
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	97
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	97
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	97
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	96
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	96
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	96
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	95
01021	Cheese, gjetost	28.35	1.0 oz	95
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	95
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	95
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	95
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	94
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	93
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	93
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	93
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	92
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	91

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
05305	Ground turkey, raw	453.6	1.0 lb	91
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	91
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	90
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	90
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	89
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	89
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	89
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	89
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	88
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	88
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	88
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	88
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	88
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	88
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	87
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	86
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	86
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	86
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	85
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	85
43276	Cheese spread, cream cheese base	28.35	1.0 oz	85
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	85
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	85
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	85
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	85
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	84
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	84
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	84
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	84
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	84
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	84
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	84
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	83
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	82

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
01039	Cheese, roquefort	28.35	1.0 oz	82
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	91.0	1.0 piece 3.2 oz	82
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	81
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	81
15014	Fish, cisco, smoked	28.35	1.0 oz	80
01159	Cheese, goat, soft type	28.35	1.0 oz	80
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	127.0	1.0 piece 4"x6"	80
01123	Egg, whole, raw, fresh	50.0	1.0 large	80
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	80
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	80
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	80
05157	Quail, meat and skin, raw	109.0	1.0 quail	80
01131	Egg, whole, cooked, poached	50.0	1.0 large	80
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	79
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	79
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	79
15074	Fish, sablefish, raw	85.0	3.0 oz	79
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	78
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	78
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	78
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	77
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	77
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	77
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	77
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	77
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	77
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	77
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	77
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	76
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	76
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	76
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	76
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	76
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	76
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	76
01023	Cheese, gruyere	28.35	1.0 oz	76

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	76
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	76
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	76
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	75
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	75
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	74
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	74
01008	Cheese, caraway	28.35	1.0 oz	74
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	74
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	74
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	74
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	74
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	73
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	73
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	73
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	73
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	73
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	130.0	1.0 piece 4" x 6"	73
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	73
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	73
11414	Potato salad, home-prepared	250.0	1.0 cup	72
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	72
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	72
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	72
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	72
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	72
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	71
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	71
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	70
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	70
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	70
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	70
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	70
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	70
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	69

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	69
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	69
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	69
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	69
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	69
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	69
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	69
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	69
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	69
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	69
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	69
01018	Cheese, edam	28.35	1.0 oz	69
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	69
01089	Milk, low sodium, fluid	244.0	1.0 cup	68
01007	Cheese, camembert	28.35	1.0 oz	68
01031	Cheese, neufchatel	28.35	1.0 oz	68
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	68
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	68
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	67
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	67
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	67
21416	POPEYES, Coleslaw	120.0	1.0 package	67
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	67
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	67
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	67
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	67
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	67
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	67
01041	Cheese, tilsit	28.35	1.0 oz	67
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	67
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	67
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	66
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	66
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	66
42186	Frozen yogurts, chocolate	174.0	1.0 cup	66
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	66

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	66
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	65
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	65
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	65
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	65
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	64
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	64
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	64
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	64
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	64
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	64
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	64
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	64
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	64
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	63
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	63
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	63
01125	Egg, yolk, raw, fresh	17.0	1.0 large	63
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	63
01010	Cheese, cheshire	28.35	1.0 oz	62
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	62
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	62
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	62
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	62
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	62
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	62
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	62
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	62
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	62
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	61
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	61
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	61
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	61
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	61
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	61

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	61
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	61
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	61
01238	Ice cream sandwich	70.0	1.0 serving	60
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	60
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	60
07939	Frankfurter, pork	76.0	1.0 link	60
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	60
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	60
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	60
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	59
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	59
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	59
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	59
43405	Cheese, swiss, low sodium	28.0	1.0 slice	59
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	59
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	59
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	59
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	59
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	58
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	58
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	58
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	58
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	58
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	57
18239	Croissants, butter	28.35	1.0 oz	57
01033	Cheese, parmesan, hard	28.35	1.0 oz	57
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	56
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	56
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	56
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	56
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	56
18241	Croissants, cheese	28.35	1.0 oz	56
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	56
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	56
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	55

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	55
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	55
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	55
01004	Cheese, blue	28.35	1.0 oz	54
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	54
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	54
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	54
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	54
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	54
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	54
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	54
21127	Fast foods, coleslaw	191.0	1.0 cup	53
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	53
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	53
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	53
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	156.0	1.0 slice 1/8 per pizza	53
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	53
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	53
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	52
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	52
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	52
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	52
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	52
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	51
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	51
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	50
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	50
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	50
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	50
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	50
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	49
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	49
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	49
01006	Cheese, brie	28.35	1.0 oz	49
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	49

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	49
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	49
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	49
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	48
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	48
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	48
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	48
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	155.0	1.0 slice 1/8 per pizza	48
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	48
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	48
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	48
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	48
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	48
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	48
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	48
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	47
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	47
08510	Milk and cereal bar	25.0	1.0 bar	47
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	47
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	47
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	47
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	47
01022	Cheese, gouda	28.35	1.0 oz	46
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	46
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	46
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	46
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	46
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	46
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	46
15023	Fish, mahimahi, raw	85.0	3.0 oz	46
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	46
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	45
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	45
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	45
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	45
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	45

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	45
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	45
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	45
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	44
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	44
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	44
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	44
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	44
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	44
18147	Cheesecake commercially prepared	28.35	1.0 oz	44
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	44
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	44
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	44
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	44
01017	Cheese, cream	14.5	1.0 tbsp	44
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	44
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	44
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	44
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIIL, powder	9.6	1.0 scoop	43
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	43
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	43
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	43
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	43
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	43
15107	Fish, sucker, white, raw	85.0	3.0 oz	43
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	43
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	43
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	43
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	43
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	43
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	43
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	43
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	43
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	43

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	43
05154	Pheasant, raw, meat only	85.0	3.0 oz	42
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	42
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	42
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	42
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	42
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	42
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	42
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	42
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	42
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	42
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	42
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	42
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	42
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	42
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	41
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	41
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	41
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	41
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	41
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	41
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	41
19114	Ice creams, chocolate, light	68.0	1.0 serving	41
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	41
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	41
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	41
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	40
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	40
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	40
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	40
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	40
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	40
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	40
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	40

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	40
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	40
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	40
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	40
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	40
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	40
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	40
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	40
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	40
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	40
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	40
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	40
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	40
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	40
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	40
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	40
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	40
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	40
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	39
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	39
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	39
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	39
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	39
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	39
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	39
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	39
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	38
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	38
21415	POPEYES, biscuit	60.0	1.0 biscuit	38
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	38
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	38
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	38

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup	38
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	38
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	38
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	38
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	38
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	37
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	37
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	37
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	37
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	37
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	37
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	37
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	37
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	37
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	37
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	37
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	37
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	37
22973	Corn dogs, frozen, prepared	78.0	1.0 corn dog	37
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	37
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	37
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	37
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	37
01144	Egg substitute, powder	9.9	0.35 oz	37
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	36
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	36
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	36
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	36
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	36
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	36
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	36
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	36
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	36
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	36

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	36
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	36
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	36
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	36
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	36
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	36
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	36
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	36
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	35
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	35
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	35
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	35
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	35
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	35
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	35
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	35
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	35
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	35
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	35
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	35
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	35
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	35
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	35
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	35
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	35
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	35
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	34
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	34
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	34
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	34
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	34

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	34
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	34
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	34
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	34
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	34
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	34
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	34
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	34
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	33
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	33
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	33
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	33
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	33
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	33
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	33
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	33
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	33
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	33
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	33
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	32
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	32
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	32
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	32
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	32
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	32
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	32
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	32
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	32
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	31
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	31
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	31
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	31
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	31
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	31
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	31

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	31
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	31
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	31
15110	Fish, swordfish, raw	85.0	3.0 oz	31
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	31
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	30
01239	Ice cream cookie sandwich	82.0	1.0 serving	30
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	30
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	30
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	30
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	30
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	30
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	30
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	30
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	30
15083	Fish, salmon, pink, raw	85.0	3.0 oz	30
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	30
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	30
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	30
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	30
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	30
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	29
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	29
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	29
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	29
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	29
01049	Cream, fluid, half and half	30.2	1.0 fl oz	29
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	29
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	29
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	29
21140	Side dishes, potato salad	95.0	0.333 cup	28
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	28
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	28
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	28
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	28
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	28

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	28
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	27
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	27
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	27
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	27
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	27
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	27
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	27
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	27
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	27
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	27
15094	Fish, shad, american, raw	85.0	3.0 oz	27
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	27
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	27
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	27
10898	Pork, pickled pork hocks	117.0	3.0 oz	27
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	27
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	27
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	27
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	27
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	27
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	27
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	26
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	26
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	26
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	26
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	26
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	26
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	26
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	26
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	26
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	26
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	26
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	26
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	26
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	26

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	26
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	26
18240	Croissants, apple	28.35	1.0 oz	26
01038	Cheese, romano	28.35	1.0 oz	26
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	26
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	26
93600	Turtle, green, raw	85.0	3.0 oz	26
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	26
15079	Fish, salmon, chum, raw	85.0	3.0 oz	26
15053	Fish, milkfish, raw	85.0	3.0 oz	26
15044	Fish, ling, raw	85.0	3.0 oz	26
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	26
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	26
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	26
15097	Fish, sheephead, raw	85.0	3.0 oz	26
90560	Mollusks, snail, raw	85.0	3.0 oz	26
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	25
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	25
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	25
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	25
07008	Bologna, beef and pork	100.0	3.527 oz	25
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	25
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	25
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	25
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	25
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	25
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	25
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	25
18103	Coffeecake, cheese	28.35	1.0 oz	24
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	24
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	24
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	24
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	24
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	24
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	24
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	24

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	24
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	24
43274	Cheese, cream, low fat	15.0	1.0 tbsp	24
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	24
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	24
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	24
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	24
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	24
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	24
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	24
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	24
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	24
15013	Fish, cisco, raw	79.0	1.0 fillet	24
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	24
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	24
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	24
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	23
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	23
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	23
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	23
15004	Fish, bass, striped, raw	85.0	3.0 oz	23
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	23
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	23
15090	Fish, scup, raw	85.0	3.0 oz	23
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	23
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	23
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	23
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	22
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	22
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	22
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	22
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	22
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	22
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	22
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	22
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	22

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	22
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	22
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	22
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	22
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	22
15022	Fish, cusk, raw	122.0	1.0 fillet	22
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	22
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	22
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	22
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	22
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	22
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	22
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	22
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	22
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	21
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	21
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	21
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	21
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	21
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	21
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	21
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	21
36027	DENNY'S, chicken strips	194.0	1.0 serving	21
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	21
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	21
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	21
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	21
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	21
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	21
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	21
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	21
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	21
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	20
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	20
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	20

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	20
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	20
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	20
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	20
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	20
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	20
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	20
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	20
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	20
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	20
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	20
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	20
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	20
43282	Quail, cooked, total edible	28.35	1.0 oz	20
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	20
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	20
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	20
18028	Bread, egg, toasted	28.35	1.0 oz	20
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	20
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	20
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	19
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	19
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	19
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	19
15103	Fish, spot, raw	64.0	1.0 fillet	19
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	19
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	19
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	19
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	19
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	19
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	19
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	19
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	19
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	19

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	19
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	19
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	19
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	19
15128	Fish, tuna salad	85.0	3.0 oz	19
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	19
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	19
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	19
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	19
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	19
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	19
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	19
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	19
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	19
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	18
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	18
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	18
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	18
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	18
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	18
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	18
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	18
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	18
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	18
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	18
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	18
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	18
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	18
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	18
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	18
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	18
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	18
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	18
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	18
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	18

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	18
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	18
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	18
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	18
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	18
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	18
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	18
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	18
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	18
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	18
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	18
18027	Bread, egg	28.35	1.0 oz	18
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	18
15062	Fish, pike, northern, raw	85.0	3.0 oz	18
15073	Fish, roughy, orange, raw	85.0	3.0 oz	18
15064	Fish, pike, walleye, raw	85.0	3.0 oz	18
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	18
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	18
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	18
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	18
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	18
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	18
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	18
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	18
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	18
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	18
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	17
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	17
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	17
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	17
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	17
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	17
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	17
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	17
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	17

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	17
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	17
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	17
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	17
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	17
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	17
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	17
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	17
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	17
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	17
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	17
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	17
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	17
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	17
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	17
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	17
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	17
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	17
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	17
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	17
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	17
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	17
07018	Chicken spread	56.0	1.0 serving (1 serving)	17
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	17
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	17
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	17
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	17
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	17
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	17
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	17
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	16
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	16
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	16
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	16
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	16

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
22971	Potato salad with egg	125.0	0.5 cup	16
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	16
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	16
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	16
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	16
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	16
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	16
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	16
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	16
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	16
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	16
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	16
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	16
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	16
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	16
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	16
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	16
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	16
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	16
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	16
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	16
05158	Quail, meat only, raw	92.0	1.0 quail	16
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	16
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	16
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	16
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	16
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	15
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	15
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	15
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	15
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	15
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	15
15112	Fish, tilefish, raw	85.0	3.0 oz	15
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	15
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	15
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	15

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	15
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	15
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	15
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	15
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	15
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	15
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	15
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	15
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	15
05311	Chicken, canned, no broth	28.0	1.0 oz	15
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	15
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	15
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	15
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	15
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	15
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	15
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	15
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	15
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	15
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	15
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	15
01056	Cream, sour, cultured	12.0	1.0 tbsp	15
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	14
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	14
15033	Fish, haddock, raw	85.0	3.0 oz	14
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	14
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	14
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	14
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	14
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	14
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	14
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	14
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	14
01094	Milk, buttermilk, dried	30.0	0.25 cup	14
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	14
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	14

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	14
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	14
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	14
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	14
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	14
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	14
01225	Dulce de Leche	19.0	1.0 tbsp	14
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	14
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	14
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	14
07033	Ham and cheese spread	15.0	1.0 tbsp	14
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	14
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	14
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	14
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	14
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	14
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	14
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	14
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	14
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	14
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	14
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	14
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	14
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	14
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	14
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	14
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	14
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	14
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	14
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	13
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	13
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	13
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	13
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	13
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	13
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	13

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	13
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	13
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	13
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	13
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	13
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	13
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	13
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	13
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	13
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	13
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	13
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	13
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	13
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	13
15001	Fish, anchovy, european, raw	85.0	3.0 oz	13
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	13
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	13
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	13
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	13
15045	Fish, lingcod, raw	85.0	3.0 oz	13
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	13
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	13
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	13
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	13
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	13
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	13
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	13
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	13
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	13
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	13
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	13
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	12
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	12
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	12
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	12

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	12
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	12
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	12
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	12
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	12
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	12
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	12
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	12
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	12
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	12
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	12
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	12
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	12
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	12
28348	Rolls, dinner, sweet	30.0	1.0 roll	12
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	12
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	12
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	12
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	12
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	12
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	12
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	12
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	12
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	12
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	12
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	12
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	12
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	12
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	12
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	12
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	12
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	12
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	12
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	12
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	12

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	12
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	12
17154	Veal, Australian, separable fat, raw	28.0	1.0 oz	12
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	12
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	12
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	12
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	12
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	12
01115	Whey, sweet, dried	145.0	1.0 cup	12
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	12
04145	Salad dressing, mayonnaise, soybean oil, without salt	13.8	1.0 tablespoon	12
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	12
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	11
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	11
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	11
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	11
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	11
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	11
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	11
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	11
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	11
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	11
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	11
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	11
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	11
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	11
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	11
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	11
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	11
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	11
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	11
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	11
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	11
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	11
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	11
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	11

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	11
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	11
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	11
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	11
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	11
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	11
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	11
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	11
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	11
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	11
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	11
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	11
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	11
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	11
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	11
05286	Turkey and gravy, frozen	85.0	3.0 oz	11
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	11
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	11
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	11
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	11
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	11
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	11
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	11
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	11
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	11
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	11
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	11
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	11
07954	Beef sausage, pre-cooked	48.0	1.0 serving	11
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	11
18972	Bread, cheese	48.0	1.0 slice	11
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	11
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	11
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	11
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	11
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	11

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	11
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	11
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	11
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	11
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	11
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	11
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	11
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	11
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	11
01179	Sour cream, light	12.0	1.0 tablespoon	11
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	10
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	10
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	10
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	10
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	10
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	10
15055	Fish, mullet, striped, raw	28.35	1.0 oz	10
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	10
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	10
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	10
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	10
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	10
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	10
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	10
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	10
23296	Beef, Australian, imported, grass-fed, external fat, raw	28.35	1.0 oz	10
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	10
23297	Beef, Australian, imported, grass-fed, seam fat, raw	28.35	1.0 oz	10
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	10
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	10
15059	Fish, pout, ocean, raw	85.0	3.0 oz	10
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	10
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	10
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	10
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	10
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	10

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	10
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	10
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	10
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	10
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	10
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	10
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	10
15054	Fish, monkfish, raw	85.0	3.0 oz	10
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	10
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	10
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	10
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	10
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	10
05152	Guinea hen, meat only, raw	85.0	3.0 oz	10
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	10
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	10
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	10
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	10
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	10
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	10
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	10
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	10
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	10
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	10
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	10
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	10
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	10
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	10
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	10
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	10
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	10
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	10
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	10
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	10
21142	Fast food, biscuit	55.0	1.0 biscuit	10
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	10

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	10
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	10
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	10
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	10
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	10
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	10
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	10
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	10
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	10
01113	Whey, acid, dried	57.0	1.0 cup	10
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	10
18245	Danish pastry, cheese	28.35	1.0 oz	10
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	10
15007	Fish, butterfish, raw	32.0	1.0 fillet	10
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	10
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	10
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	10
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	10
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	10
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	10
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	10
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	10
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	9
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	9
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	9
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	9
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	9
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	9
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	9
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	9
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	9
18003	Bagels, egg	28.35	1.0 oz	9
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	9
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	9
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	9

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	9
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	9
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	9
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	9
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	9
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	9
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	9
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	9
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	9
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	9
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	9
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	9
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	9
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	9
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	9
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	9
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	9
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	9
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	9
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	9
15129	Fish, turbot, european, raw	85.0	3.0 oz	9
05159	Quail, breast, meat only, raw	85.0	3.0 oz	9
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	9
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	9
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	9
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	9
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	9
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	9
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	9
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	9
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	9
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	9
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	9
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	9
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	9
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	9

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	9
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	9
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	9
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	9
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	9
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	9
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	9
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	9
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	9
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	9
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	9
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	9
01180	Sour cream, fat free	12.0	1.0 tablespoon	9
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	9
05335	Chicken, feet, boiled	28.35	1.0 oz	9
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	9
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	8
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	8
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	8
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	8
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	8
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	8
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	8
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	8
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	8
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	8
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	8
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	8
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	8
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	8
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	8
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	8
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	8
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	8
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	8
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	8

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	8
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	8
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	8
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	8
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	8
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	8
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	8
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	8
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	8
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	8
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	8
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	8
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	8
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	8
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	8
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	8
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	8
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	8
19896	Candies, REESE'S Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	8
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	8
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	8
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	8
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	8
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	8
18971	Bread, potato	32.0	1.0 slice	8
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	8
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	8
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	8
19070	Candies, butterscotch	28.35	1.0 oz	8
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	8
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	8
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	8
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	8
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	8
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	8
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	8

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
15008	Fish, carp, raw	85.0	3.0 oz	8
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	8
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	8
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	8
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	8
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	8
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	8
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	8
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	8
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	8
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	8
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	8
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	8
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	8
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	8
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	8
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	7
01114	Whey, sweet, fluid	246.0	1.0 cup	7
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	7
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	7
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	7
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	7
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	7
36028	DENNY'S, coleslaw	91.0	1.0 serving	7
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	7
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	7
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	7
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	7
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	7
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	7
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	7
18021	Bread, boston brown, canned	28.35	1.0 oz	7
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	7
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	7
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	7
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	7
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	7
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	7
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	7
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	7
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	7
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	7
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	7
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	7
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	7
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	7
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	7
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	7
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	7
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	7
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	7
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	7
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	7
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	7
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	7
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	7
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	7
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	7
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	7
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	7
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	7
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	7
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	7
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	7

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	7
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	7
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	7
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	7
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	7
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	7
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	7
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	7
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	7
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	7
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	7
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	7
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	7
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	7
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	7
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	7
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	7
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	7
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	7
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	7
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	7
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	7
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	7
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	7
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	7
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	7
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	7
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	7
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	7
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	7
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	7
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	7

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05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	7
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	7
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	7
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	7
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	7
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	7
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	7
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	7
80200	Frog legs, raw	45.0	1.0 leg	7
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	7
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	7
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	7
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	7
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	7
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	7
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	7
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	7
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	7
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	6
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	6
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	6
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	6
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	6
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	6
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	6
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	6
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	6
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	6
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	6
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	6
23298	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw	28.35	1.0 oz	6
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	6
23299	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw	28.35	1.0 oz	6

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
19419	Snacks, corn cakes	9.0	1.0 cake	6
23301	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw	28.0	1.0 oz	6
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	6
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	28.0	1.0 oz	6
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	6
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	6
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	6
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	6
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	6
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	6
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	6
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	6
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	6
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	6
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	6
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	6
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	6
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	6
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	6
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	6
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	6
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	6
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	6
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	6
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	6
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	6

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	6
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	6
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	6
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	6
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	6
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	6
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	6
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	6
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	6
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	6
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	6
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	6
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	6
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	6
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	6
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	6
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	6
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	6
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	6
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	6
15006	Fish, burbot, raw	116.0	1.0 fillet	6
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	6
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	6
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	6
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	6
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	6
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	6

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	6
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	6
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	6
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	6
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	6
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	6
15109	Fish, surimi	28.35	1.0 oz	6
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	6
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	6
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	6
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	6
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	6
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	6
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	6
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	6
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	6
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	6
18963	Garlic bread, frozen	43.0	1.0 slice presliced	6
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	6
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	6
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	5
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	5
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	5
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	5
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	5
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	5
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	5
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	28.35	1.0 oz	5
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	5
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	5
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	5
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	5
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	5
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	5

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	5
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	5
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	5
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	5
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	5
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	5
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	5
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	5
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	5
07007	Bologna, beef	30.0	1.0 slice	5
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	5
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	5
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	5
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	5
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	5
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	5
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	5
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	5
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	5
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	5
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	5
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	5
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	5
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	5
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	5
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	5
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	5
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	5
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	5
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	5
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	5
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	5
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	5
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	5
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	5

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	5
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	5
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	5
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	5
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	5
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	5
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	5
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	5
01112	Whey, acid, fluid	246.0	1.0 cup	5
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	5
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	5
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	5
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	5
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	5
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	5
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	5
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	5
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	5
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	5
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	5
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	5
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	5
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	5
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	5
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	5
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	5
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	5
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	5
18281	Muffins, corn, toaster-type	28.35	1.0 oz	5
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	28.35	1.0 oz	5
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	5
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	5
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	5

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	5
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	5
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	5
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	5
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	5
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	5
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	5
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	5
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	5
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	4
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	4
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	4
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	4
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	4
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	4
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	4
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	4
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	4
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	4
03217	Zwieback	28.35	1.0 oz	4
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	4
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	4
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	4
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	4
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	4
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	4
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	4
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	4
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	4
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	4
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	4
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	4
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	4
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	4

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	4
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	4
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	4
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	4
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	4
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	4
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	4
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	4
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	4
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	4
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	4
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	4
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	4
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	4
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	4
05628	Emu, inside drum, raw	85.0	3.0 oz	4
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	4
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	4
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	4
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	4
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	4
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	4
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	4
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	4
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	4
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	4
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	4
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	4
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	4
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	4
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	4
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	4
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	4
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	4
21268	TACO BELL, Nachos	80.0	1.0 serving	4
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	4

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	4
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	4
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	4
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	4
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	4
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	4
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	4
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	4
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	4
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	4
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	4
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	4
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	4
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	4
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	4
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	4
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	4
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	4
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	4
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	4
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	4
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	4
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	4
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	4
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	4
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	4
01199	Cream, half and half, fat free	29.0	2.0 tbsp	3
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	3
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	3
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	3
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	3
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	3
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	3
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	3

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	3
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	3
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	3
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	3
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	3
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	3
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	3
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	3
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	3
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	3
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	3
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	3
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	3
19041	Snacks, pork skins, plain	28.35	1.0 oz	3
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	3
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	3
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	3
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	3
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
05626	Emu, full rump, raw	85.0	3.0 oz	3
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	3
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	3
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	3
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	3
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	3
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	3
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	3
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	3
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	3
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	3
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	3
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	3
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	3
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	3
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	3
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	3
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	3
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	3
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	3
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	3
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	3
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	3
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	3
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	3
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	3
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	3
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	3
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	3
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	3
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	3
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	3

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	3
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	3
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	3
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	3
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	3
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	3
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	3
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	3
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	3
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	7.0	1.0 serving	3
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	3
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	3
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	3
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	3
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	3
10132	Pork, cured, feet, pickled	28.35	1.0 oz	3
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	3
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	3
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	3
07960	Bologna, chicken, pork	28.0	1.0 serving	3
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	3
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	3
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	3
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	3
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	3
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	3
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	3
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	3
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	3
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	3
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	3
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	3
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	3

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	3
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	3
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	3
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	3
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	3
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	3
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	3
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	3
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	3
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	3
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	3
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	3
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	3
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	3
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	3
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	3
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	3
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	3
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	3
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	3
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3
36036	Restaurant, family style, onion rings	259.0	1.0 serving	3
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	3
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	3
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	3
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	3
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	3
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	3
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	3
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	3
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	3
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	3

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	3
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	3
18170	Cookies, fig bars	28.35	1.0 oz	3
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	3
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	3
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	3
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	3
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	3
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	3
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	3
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	3
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	3
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	3
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	3
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	3
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	3
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	3
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	3
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	3
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	3
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	3
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	3
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	3
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	3
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	3

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	3
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	3
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	3
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	3
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	3
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	3
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	3
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	3
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	3
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	3
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	3
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	3
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	3
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	3
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	3
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	3
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	3
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	3
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	3
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	3
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	3
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	3
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	3
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	3
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	3
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	3

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	3
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	3
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	3
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	3
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	3
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	3
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	3
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	3
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	3
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	3
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	3
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	3
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3
23474	Beef, ground, 93% lean meat / 7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	3
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	3
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	3
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	3
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	3
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	3
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	3
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	3
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	3
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	3
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	3
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	3
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	3
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3
07011	Bologna, turkey	28.0	0.99 oz 1 serving	3
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	3
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	2
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	2
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	2

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	2
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	2
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	2
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	2
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	2
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	2
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	2
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	2
06963	Fish broth	244.0	1.0 cup	2
06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	2
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	2
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	2
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	2
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	2
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	2
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	2
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	2
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	2
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	2
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	2
32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	2
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	2
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	2
07052	Pastrami, turkey	57.0	2.0 slices	2
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	2
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	2
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	2
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	2
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	2
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	2
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	2
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	2
06124	Gravy, pork, dry, powder	6.7	1.0 serving	2

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
18223	Crackers, milk	14.2	0.5 oz	2
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	2
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	2
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	2
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	2
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	2
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	2
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	2
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	2
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	2
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	2
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	2
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	2
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	2
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	2
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	2
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	2
06120	Gravy, chicken, dry	8.0	1.0 tbsp	2
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	2
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	2
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	2
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	2
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	2
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	2
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	2
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	2
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	2
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	2
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	2
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	2
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	2
18218	Crackers, matzo, egg	14.2	0.5 oz	2
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	2
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	2

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	2
01186	Cheese, cream, fat free	18.0	1.0 tbsp	2
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	2
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	2
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	2
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	2
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	2
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	2
18224	Crackers, rusk toast	14.2	0.5 oz	2
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	2
03213	Babyfood, cookies	28.35	1.0 oz	2
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	2
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	2
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	2
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	2
18354	Strudel, apple	28.35	1.0 oz	2
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	2
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	2
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	2
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	2
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	2
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	2
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	2
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	2
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	2
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	2
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	2
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	2
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	2
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	2
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	2
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	2
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	2
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	2
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	2
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	2
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	2
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	2

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	2
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	2
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	2
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	2
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	2
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	2
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	2
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	2
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	2
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	2
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	2
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	2
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	2

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	2
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	2
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	2
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	2
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	2
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	2
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	2
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	2
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	2
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	2
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	2
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	2
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	2
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	2
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	2
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	2
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	2
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	2
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	2
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	2
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	2
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	2
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	2
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	2
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	2
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	2

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	2
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	2
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	2
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	2
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	2
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	2
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	2
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	2
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	2
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	2
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	2
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	2
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	2
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	2
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	2
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	2
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	2
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	2
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	2
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	2
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	2
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	2
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	2
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	2
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	2
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	2
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	2
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	2
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	2
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	2
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	2
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	2
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	2
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	2
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	2
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	2
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	2
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	2
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	2

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	2
18434	Crackers, cheese, low sodium	14.2	0.5 oz	2
18214	Crackers, cheese, regular	14.2	0.5 oz	2
07973	Turkey bacon, microwaved	8.1	1.0 slice	2
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	2
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	2
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	2
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	2
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	1
07022	Frankfurter, beef, unheated	49.0	1.0 hot dog	1
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	1
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	1
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	1
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	1
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	1
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	1
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	1
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	1
18039	Bread, oatmeal	28.35	1.0 oz	1
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	1
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	1
18344	Rolls, dinner, egg	28.35	1.0 oz	1
18040	Bread, oatmeal, toasted	28.35	1.0 oz	1
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	1
18319	Pie, fried pies, fruit	28.35	1.0 oz	1
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	1
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	1
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	1
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	1
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	1
07254	Turkey bacon, unprepared	14.0	1.0 serving	1
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	1
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	1
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	1
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	1
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	1

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	1
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	1
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	1
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	1
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	1
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	1
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	1
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	1
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	1
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	1
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	1
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	1
07974	Bacon, turkey, low sodium	15.0	1.0 serving	1
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	1
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	1
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	1
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	1
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	1
43497	Jellyfish, dried, salted	58.0	1.0 cup	1
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	1
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	1
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	1
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	1
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	1
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	1
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	1
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	1
06959	Gravy, instant turkey, dry	6.7	1.0 serving	1
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	1
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	1

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	1
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	1
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	1
18323	Pie, peach	28.35	1.0 oz	1
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	1
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	1
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	1
21420	KFC, Coleslaw	112.0	1.0 package	1
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	1
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	1
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	1
18243	Croutons, seasoned	14.2	0.5 oz	1
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	1
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	1
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	1
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	1
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	1
27066	Sauce, horseradish	5.6	1.0 tsp	1
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	1
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	1
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	1
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	1
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	1
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	1
18157	Cookies, chocolate wafers	28.35	1.0 oz	1
10005	Pork, fresh, belly, raw	28.35	1.0 oz	1
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	1
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	1
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	1
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	1
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	1
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	1

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13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	1
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	1
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	1
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	1
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	1
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	1
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	1
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	1
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	1
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	1
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	1
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	1
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1

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10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	1
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	1
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	1
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	1
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	1
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	1
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	1
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	1
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	1
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	1
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	1
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	1
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	1
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	1
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	1
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	1
21401	Fast foods, chicken tenders	30.0	1.0 strip	1
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	1
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	1
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	1
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	1
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	1
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	1
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	1
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	1
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	1
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	1
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	1
18037	Bread, oat bran	28.35	1.0 oz	1
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	1
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	1
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	1
18038	Bread, oat bran, toasted	28.35	1.0 oz	1

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10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	1
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	1
18191	Cookies, raisin, soft-type	28.35	1.0 oz	1
10219	Pork, fresh, ground, raw	28.35	1.0 oz	1
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	1
07070	Salami, cooked, turkey	28.0	1.0 serving	1
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	1
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	1
06126	Gravy, turkey, dry	7.0	1.0 serving	0
06118	Gravy, brown, dry	6.0	1.0 tbsp	0
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	0
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	0
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	0
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	0
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	0
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	0
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	0
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	0
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	0
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0
18171	Cookies, fortune	28.35	1.0 oz	0
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0
28351	Cookies, Marie biscuit	28.0	5.0 cookie	0
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	0
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	0
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	0
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	0
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	0
06971	Sauce, worcestershire	17.0	1.0 tbsp	0
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	0
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	0
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	0
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	0
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0
06958	Gravy, instant beef, dry	6.7	1.0 serving	0
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	0
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0
16008	Beans, baked, canned, with franks	259.0	1.0 cup	0
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0
14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	0
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	0
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	0
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	0
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	0
04588	Oil, oat	13.6	1.0 tbsp	0
11118	Cabbage, kimchi	150.0	1.0 cup	0
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	0
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	0
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	0
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	0
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	0
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	0
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	0
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	0
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0
02053	Vinegar, distilled	14.9	1.0 tbsp	0
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	0
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	0
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	0
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	0
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	0
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	0
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	0
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	0
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	0
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	0
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	0
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	0
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	0
20005	Barley, pearled, raw	200.0	1.0 cup	0
21129	Fast foods, hush puppies	22.0	1.0 piece	0
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0
19059	Snacks, trail mix, regular	150.0	1.0 cup	0
28292	Crackers, multigrain	14.0	4.0 crackers	0
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	0
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	0
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	0
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	0
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	0
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	182.0	1.0 cup	0
11591	Watercress, raw	34.0	1.0 cup, chopped	0
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17212	Veal, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0
18025	Bread, cracked-wheat	28.35	1.0 oz	0
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	0
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	0
02020	Spices, garlic powder	3.1	1.0 tsp	0
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0
09088	Elderberries, raw	145.0	1.0 cup	0
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	0
19335	Sugars, granulated	2.8	1.0 serving packet	0
06620	SMART SOUP, French Lentil	283.0	10.0 oz 1 pouch	0
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	0
11741	Broccoli, stalks, raw	114.0	1.0 stalk	0
11961	Hearts of palm, canned	146.0	1.0 cup	0
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	0
11292	Onions, young green, tops only	6.0	1.0 tbsp	0
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	0
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	28.35	1.0 oz	0
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	0
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	0
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	0
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	0
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	0
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	0
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	0
06432	Soup, beef broth, bouillon, consommé, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0
20065	Rye flour, light	102.0	1.0 cup	0
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
18349	Rolls, french	28.35	1.0 oz	0
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	0
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	0
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	0
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	0
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	0
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	0
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	0
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	0
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	0

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17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	0
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	0
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	0
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	60.0	1.0 cup (1 NLEA serving)	0
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	0
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	0
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	0
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	0
11098	Brussels sprouts, raw	88.0	1.0 cup	0
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	0
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	0
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	0
19194	Puddings, rice, dry mix	106.0	1.0 package	0
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	0
43135	Sandwich spread, meatless	15.0	1.0 tbsp	0
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	0
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	0
02036	Spices, rosemary, dried	1.2	1.0 tsp	0
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	0
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	0
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	0
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	0
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0
19365	Toppings, marshmallow cream	28.35	1.0 oz	0
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	0
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	0
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	0
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	0
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	0
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	0
09229	Papaya nectar, canned	250.0	1.0 cup	0
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	0
19147	Candies, peanut bar	28.35	1.0 oz	0
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	0
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	0
18264	English muffins, wheat	28.35	1.0 oz	0
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	0
02001	Spices, allspice, ground	1.9	1.0 tsp	0
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	0
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	0
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	0
11941	Pickles, cucumber, sour	155.0	1.0 cup	0
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	0
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	0
42316	Babyfood, carrots, toddler	28.35	1.0 oz	0
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	0
12084	Nuts, butternuts, dried	120.0	1.0 cup	0
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0
16091	Peanuts, spanish, raw	146.0	1.0 cup	0
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	0
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	0
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	0
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
18065	Bread, wheat, toasted	28.35	1.0 oz	0
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	0
11230	Pepeao, dried	24.0	1.0 cup	0
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0
02050	Vanilla extract	4.2	1.0 tsp	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	0
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0
14405	Beverages, fruit punch juice drink, frozen concentrate	35.2	1.0 fl oz	0
19400	Snacks, banana chips	28.35	1.0 oz	0
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	0
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	0
16055	Carob flour	103.0	1.0 cup	0
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	0
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0
20001	Amaranth grain, uncooked	193.0	1.0 cup	0
07212	OSCAR MAYER, Ham (chopped with natural juice)	28.0	1.0 serving (1 slice)	0
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	0
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	0
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	0
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0
02014	Spices, cumin seed	2.1	1.0 tsp, whole	0
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	0
04528	Oil, walnut	13.6	1.0 tbsp	0
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	0
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	0
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	224.0	1.0 cup	0
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	0
02017	Spices, dill weed, dried	1.0	1.0 tsp	0
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	0
09084	Currants, red and white, raw	112.0	1.0 cup	0
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	0
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	0
43408	Babyfood, juice, pear	31.2	1.0 fl oz	0
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	0
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	0
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	0
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	0
11416	Pumpkin flowers, raw	33.0	1.0 cup	0
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	0
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	0
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	0
09299	Raisins, seeded	165.0	1.0 cup, packed	0
10158	USDA Commodity, pork, canned	85.0	3.0 oz	0
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	0
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	0
20062	Rye grain	169.0	1.0 cup	0
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	0
11527	Tomatoes, green, raw	180.0	1.0 cup	0
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0
09140	Guavas, strawberry, raw	244.0	1.0 cup	0
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	28.0	1.0 packet (1 NLEA serving)	0
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	0
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
18639	GEORGE WESTON BAKERIES, Thomas English Muffins	57.0	1.0 serving	0
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	0
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	0
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	0
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	0
09145	Java-plum, (jambolan), raw	135.0	1.0 cup	0
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	0
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
19080	Candies, semisweet chocolate	14.5	1.0 serving	0
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	0
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	0
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	0
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	0
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	0
11618	Eppaw, raw	100.0	1.0 cup	0
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	0
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	0
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0
02033	Spices, poppy seed	2.8	1.0 tsp	0
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	0
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	0
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
19030	Syrup, fruit flavored	20.0	1.0 serving	0
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	0
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0
11976	Pepper, banana, raw	124.0	1.0 cup	0
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	0
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	0
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
09221	Tangerine juice, raw	247.0	1.0 cup	0
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	0
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	0
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	0
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	0
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	0
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	0
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	0
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	0
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0
14268	Beverages, Fruit punch drink, frozen concentrate	34.8	1.0 fl oz	0
19296	Honey	339.0	1.0 cup	0
20078	Wheat germ, crude	115.0	1.0 cup	0
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	0
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
11564	Turnips, raw	130.0	1.0 cup, cubes	0
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	0
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	0
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	0
12071	Nuts, almond paste	28.35	1.0 oz	0
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	0
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	28.35	1.0 oz	0
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	0
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0
16005	Beans, baked, home prepared	253.0	1.0 cup	0
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	0
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0
09174	Loquats, raw	149.0	1.0 cup, cubed	0
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	0
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	0
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	0
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	0
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	0
02047	Salt, table	6.0	1.0 tsp	0
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	0
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	0
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	0
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	0
20314	Corn grain, white	166.0	1.0 cup	0
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	0
04514	Oil, poppyseed	13.6	1.0 tablespoon	0
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	0
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	0
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	0
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	0
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	0
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	0
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	0
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	0
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0
11457	Spinach, raw	30.0	1.0 cup	0
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0
02011	Spices, cloves, ground	2.1	1.0 tsp	0
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	0
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	0
04517	Oil, grapeseed	13.6	1.0 tablespoon	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	0
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	0
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	0
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0
19163	Chewing gum	3.0	1.0 stick	0
11282	Onions, raw	160.0	1.0 cup, chopped	0
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	0
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	0
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	0
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	0
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	0
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	0
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	0
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0
11955	Tomatoes, sun-dried	54.0	1.0 cup	0
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	591.0	20.0 fl oz	0
19117	Candies, halavah, plain	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	0
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	0
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0
11134	Cassava, raw	206.0	1.0 cup	0
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0
16104	Bacon, meatless	144.0	1.0 cup	0
03178	Babyfood, juice, prune and orange	31.2	1.0 fl oz	0
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0
09296	Quinces, raw	92.0	1.0 fruit without refuse	0
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	0
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	0
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	0
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0
17174	Game meat, muskrat, raw	28.35	1.0 oz	0
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	0
19415	Snacks, potato sticks	28.35	1.0 oz	0
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	0
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	0
11362	Potatoes, raw, skin	38.0	1.0 skin	0
11683	Carrot, dehydrated	74.0	1.0 cup	0
16069	Lentils, raw	192.0	1.0 cup	0
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	0
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	0
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	0
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	0
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	0
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	0
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	0
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	0
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	0
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	0
11613	Borage, raw	89.0	1.0 cup (1" pieces)	0
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	0
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	0
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	0
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	0
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	0
09434	Guanabana nectar, canned	251.0	1.0 cup	0
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
19353	Syrups, maple	20.0	1.0 tbsp	0
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0
11973	Beans, fava, in pod, raw	126.0	1.0 cup	0
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	0
11304	Peas, green, raw	145.0	1.0 cup	0
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	0
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	0
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	0
07068	Salami, cooked, beef	26.0	1.0 slice	0
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	0
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	0
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	0
11154	Chicory roots, raw	60.0	1.0 root	0
11432	Radishes, oriental, dried	116.0	1.0 cup	0
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	0
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0
20075	Wheat, soft white	168.0	1.0 cup	0
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	0
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	0
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	28.35	1.0 oz	0
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	0
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	0
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	0
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	0
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	0
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	0
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	0
20034	Oat bran, cooked	219.0	1.0 cup	0
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	0
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	0
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
09165	Litchis, dried	2.5	1.0 fruit	0
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	0
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	0
07030	Ham, minced	28.35	1.0 oz	0
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	0
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0
04582	Oil, canola	14.0	1.0 tbsp	0
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0
09279	Plums, raw	165.0	1.0 cup, sliced	0
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	0
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0
43212	Bacon bits, meatless	7.0	1.0 tbsp	0
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	0
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
18060	Bread, rye	28.35	1.0 oz	0
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	0
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	0
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0
14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	0
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	0
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	0
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	0
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0
27065	Dip, bean, original flavor	36.0	2.0 tbsp	0
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	0
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	0
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	0
02008	Spices, chervil, dried	0.6	1.0 tsp	0
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	0
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	0
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	0
20090	Rice flour, brown	158.0	1.0 cup	0
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	0
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	0
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	0
14555	Water, bottled, generic	29.6	1.0 fl oz	0
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0
09077	Crabapples, raw	110.0	1.0 cup slices	0
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	0
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	0
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0
11952	Radicchio, raw	40.0	1.0 cup, shredded	0
03172	Babyfood, juice, orange	31.2	1.0 fl oz	0
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	0
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	0
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	0
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0
17168	Goat, raw	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	12.8	1.0 tbsp	0
18236	Cracker meal	28.35	1.0 oz	0
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	0
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	0
09035	Apricots, frozen, sweetened	242.0	1.0 cup	0
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	0
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	0
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	0
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	0
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	0
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	0
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0
11520	Taro leaves, raw	28.0	1.0 cup	0
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	0
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	0
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	0
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	0
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	0
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	0
20013	Bulgur, cooked	182.0	1.0 cup	0
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	0
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	0
19071	Candies, carob, unsweetened	28.35	1.0 oz	0
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	0
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	0
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0
03278	Babyfood, dinner, mixed vegetable, strained	28.35	1.0 oz	0
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	0
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	0
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	0
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	0
43109	Pretzels, soft	143.0	1.0 large	0
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	0
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	0
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	0
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	0
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	0
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	0
09095	Figs, dried, stewed	259.0	1.0 cup	0
09423	Prune puree	36.0	2.0 tbsp	0
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0
19350	Syrups, corn, light	341.0	1.0 cup	0
06730	Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	243.0	1.0 serving	0
43483	Millet, puffed	21.0	1.0 cup	0
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0
11969	Broccoli, chinese, cooked	88.0	1.0 cup	0
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0
11022	Balsam-pear (bitter melon), leafy tips, raw	4.0	1.0 leaf	0
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	0
08546	Rice and Wheat cereal bar	22.0	1.0 bar	0
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	0
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	0
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	0
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	0
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0
11429	Radishes, raw	116.0	1.0 cup slices	0
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	0
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	0
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing 149g)	0
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	0
20072	Wheat, hard red winter	192.0	1.0 cup	0
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	0
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	0
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	0
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	0
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0
07024	Frankfurter, chicken	85.0	3.0 oz	0
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	0
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0
12059	Nuts, acorns, dried	28.35	1.0 oz	0
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
18216	Crackers, crispbread, rye	14.2	0.5 oz	0
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	0
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	0
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0
20031	Millet, raw	200.0	1.0 cup	0
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	0
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	0
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	0
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	0
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	0
04575	Fat, turkey	12.8	1.0 tbsp	0
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0
11108	Butterbur, canned	124.0	1.0 cup, chopped	0
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	0
20137	Quinoa, cooked	185.0	1.0 cup	0
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0
09276	Pitanga, (surinam-cherry), raw	173.0	1.0 cup	0
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	0
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	0
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	0
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	0
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
02044	Basil, fresh	2.5	5.0 leaves	0
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	0
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
01070	Dessert topping, powdered	43.0	1.5 oz	0
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	0
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	0
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	0
20141	Spelt, cooked	194.0	1.0 cup	0
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	0
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0
11986	Malabar spinach, cooked	44.0	1.0 cup	0
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	0
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	240.0	1.0 cup	0
20087	Wheat, sprouted	108.0	1.0 cup	0
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	0
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	0
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	0
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	0
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	0
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	0
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	0
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0
11949	Catsup, low sodium	17.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	0
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	0
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	0
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	0
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
09190	Mulberries, raw	140.0	1.0 cup	0
06042	Soup, mushroom barley, canned, condensed	126.0	0.5 cup (4 fl oz)	0
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	0
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	0
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0
17164	Game meat, deer, raw	28.35	1.0 oz	0
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0
04592	Fish oil, menhaden, fully hydrogenated	12.5	1.0 tbsp	0
11124	Carrots, raw	128.0	1.0 cup chopped	0
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	0
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	0
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	0
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	0
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	0
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	0
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	0
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	0
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	0
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	0
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	0
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	0
02064	Peppermint, fresh	0.1	2.0 leaves	0
09128	Grapefruit juice, white, raw	247.0	1.0 cup	0
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	0
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	0
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	0
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
36014	Restaurant, family style, french fries	170.0	1.0 serving	0
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	0
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	0
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	0
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	0
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	0
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	0
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	0
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	0
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	0
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	0
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	0
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	0
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	0
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	0
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	0
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	0
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	0
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	0
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	0
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	0
06624	SMART SOUP, Thai Coconut Curry	283.0	10.0 oz 1 pouch	0
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0
11965	Cauliflower, green, raw	64.0	1.0 cup	0
04055	Oil, palm	13.6	1.0 tbsp	0
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	0
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0
11298	Parsnips, raw	133.0	1.0 cup slices	0
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	0
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	0
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	0
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0
19129	Syrups, table blends, pancake	314.0	1.0 cup	0
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	0
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	0
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	0
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
11147	Chard, swiss, raw	36.0	1.0 cup	0
11426	Pumpkin pie mix, canned	270.0	1.0 cup	0
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	0
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	0
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	0
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	0
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0
20069	Triticale	192.0	1.0 cup	0
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	0
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	0
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	0
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	0
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0
36031	DENNY'S, onion rings	166.0	1.0 serving	0
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	0
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0
20028	Couscous, dry	173.0	1.0 cup	0
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	2.0 tbsp (1 NLEA serving)	0
09156	Lemon peel, raw	6.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	0
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	0
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0
20132	Oat flour, partially debranned	104.0	1.0 cup	0
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	0
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	0
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	240.0	8.0 fl oz	0
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0
05641	Ostrich, ground, raw	109.0	1.0 patty	0
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	0
43144	Cabbage, mustard, salted	128.0	1.0 cup	0
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	0
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	0
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	0
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	0
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	0
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	0
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	0
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	0
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	0
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0
09236	Peaches, yellow, raw	154.0	1.0 cup slices	0
07081	Turkey breast, sliced, prepackaged	16.0	1.0 slice	0
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	0
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	0
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	0
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	0
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	0
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	0
11447	Sesbania flower, raw	3.0	1.0 flower	0
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0
02005	Spices, caraway seed	2.1	1.0 tsp	0
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	0
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	0
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	0
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	0
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0
19312	Pie fillings, apple, canned	74.0	0.125 can	0
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0
43382	Cranberry juice, unsweetened	253.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
03166	Babyfood, juice, apple	31.7	1.0 fl oz	0
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	0
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	0
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	0
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	0
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG, Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	0
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	0
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	0
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	0
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0
16095	Peanuts, virginia, raw	146.0	1.0 cup	0
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	0
09287	Prickly pears, raw	149.0	1.0 cup	0
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	0
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	0
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	0
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
02054	Capers, canned	8.6	1.0 tbsp, drained	0
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	0
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	0
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	0
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	0
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	0
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	0
16059	Chili with beans, canned	256.0	1.0 cup	0
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	0
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	0
20006	Barley, pearled, cooked	157.0	1.0 cup	0
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	0
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0
18283	Muffins, oat bran	28.35	1.0 oz	0
19061	Snacks, trail mix, tropical	140.0	1.0 cup	0
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	0
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	0
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0
04532	Oil, hazelnut	13.6	1.0 tablespoon	0
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	0
11080	Beets, raw	136.0	1.0 cup	0
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0
17213	Veal, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	0
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	0
02021	Spices, ginger, ground	1.8	1.0 tsp	0
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	0
19336	Sugars, powdered	120.0	1.0 cup unsifted	0
06621	SMART SOUP, Greek Minestrone	283.0	10.0 oz 1 pouch	0
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0
11011	Asparagus, raw	134.0	1.0 cup	0
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	0
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	0
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	0
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	0
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0
07059	Polish sausage, pork	85.0	3.0 oz	0
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	0
11143	Celery, raw	101.0	1.0 cup chopped	0
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0
16112	Miso	17.0	1.0 tbsp	0
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	0
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	0
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0
20066	Semolina, enriched	167.0	1.0 cup	0
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	0
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	0
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0
42279	Babyfood, peas and brown rice	230.0	1.0 cup	0
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	0
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	0
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	0
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	0
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	0
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	0
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	0
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	0
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	0
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	0
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	0
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	0
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	28.0	0.75 cup (1 NLEA serving)	0
09152	Lemon juice, raw	244.0	1.0 cup	0
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	0
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	0
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	0
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0
17144	Game meat, antelope, raw	28.35	1.0 oz	0
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	0
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	28.35	1.0 oz	0
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	0
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	0
05630	Emu, outside drum, raw	85.0	3.0 oz	0
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	0
07921	Bacon and beef sticks	28.0	1.0 oz	0
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
18047	Bread, raisin, enriched	28.35	1.0 oz	0
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	0
11215	Garlic, raw	136.0	1.0 cup	0
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
02037	Spices, saffron	0.7	1.0 tsp	0
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	0
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	0
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0
19366	Toppings, pineapple	340.0	1.0 cup	0
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	0
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0
11980	Peppers, chili, green, canned	139.0	1.0 cup	0
18172	Cookies, gingersnaps	28.35	1.0 oz	0
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	0
35147	Tamales (Navajo)	186.0	1.0 piece	0
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	0
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	0
14161	Beverages, Kiwi Strawberry Juice Drink	473.0	16.0 fl oz	0
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	0
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	0
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	0
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	0
18265	English muffins, wheat, toasted	28.35	1.0 oz	0
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	0
02002	Spices, anise seed	2.1	1.0 tsp, whole	0
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
09326	Watermelon, raw	154.0	1.0 cup, balls	0
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	0
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	0
19303	Marmalade, orange	20.0	1.0 tbsp	0
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
11943	Pimento, canned	12.0	1.0 tbsp	0
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0
06121	Gravy, mushroom, canned	238.0	1.0 cup	0
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	0
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	0
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	0
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	0
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	0
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	0
19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	0
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	0
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	0
17158	Game meat, boar, wild, raw	28.35	1.0 oz	0
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	0
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	0
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	0
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	0
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	0
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	0
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	0
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	0
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
18066	Bread, wheat bran	28.35	1.0 oz	0
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	0
11231	Jute, potherb, raw	28.0	1.0 cup	0
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0
02051	Vanilla extract, imitation, alcohol	4.2	1.0 tsp	0
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	0
19401	Snacks, cornnuts, barbecue-flavor	28.35	1.0 oz	0
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	0
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	0
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	0
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	0
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	0
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	0
20003	Arrowroot flour	128.0	1.0 cup	0
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	0
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	0
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0
11190	Cornsalad, raw	56.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	0
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	0
02015	Spices, curry powder	2.0	1.0 tsp	0
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	0
04529	Oil, almond	13.6	1.0 tablespoon	0
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	0
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	0
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	0
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	0
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0
21024	Fast foods, french toast sticks	65.0	3.0 pieces	0
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	0
09085	Currants, zante, dried	144.0	1.0 cup	0
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	0
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0
11959	Arugula, raw	2.0	1.0 leaf	0
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0
04037	Oil, rice bran	13.6	1.0 tablespoon	0
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	0
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	0
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	0
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	0
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
09205	Oranges, raw, with peel	170.0	1.0 cup	0
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	0
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0
07056	Peppered loaf, pork, beef	100.0	3.52 slices	0
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	0
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	0
25059	Snacks, brown rice chips	9.0	1.0 cake	0
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	0
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	0
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0
09042	Blackberries, raw	144.0	1.0 cup	0
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	0
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	0
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	0
20063	Rye flour, dark	128.0	1.0 cup	0
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0
42270	Beverages, Orange juice drink	249.0	1.0 cup	0
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	0
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	0
09143	Guava sauce, cooked	238.0	1.0 cup	0
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	0
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	0
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	0
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	0
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	0
11697	Arrowroot, raw	120.0	1.0 cup, sliced	0
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	0
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	0
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	0
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	0
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
19081	Candies, sweet chocolate	28.35	1.0 oz	0
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0
33879	Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR	8.9	0.5 cup	0
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	0
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	0
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0
16076	Lupins, mature seeds, raw	180.0	1.0 cup	0
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	0
43132	Meatballs, meatless	144.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
11620	Drumstick pods, raw	100.0	1.0 cup slices	0
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	0
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0
11212	Edamame, frozen, prepared	155.0	1.0 cup	0
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	0
02034	Spices, poultry seasoning	1.5	1.0 tsp	0
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	0
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	0
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	0
06957	Gravy, brown instant, dry	6.7	1.0 serving	0
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	0
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	0
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	0
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	0
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	0
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	0
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	0
06114	Gravy, au jus, canned	59.0	0.25 cup	0
19868	Sweeteners, tabletop, sucralose, SLENDA packets	1.0	1.0 serving 1 packet	0
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	0
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	0
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	0
11161	Collards, raw	36.0	1.0 cup, chopped	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	0
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	0
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	0
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	0
19297	Jams and preserves	20.0	1.0 tbsp	0
20080	Wheat flour, whole-grain	120.0	1.0 cup	0
07971	Bologna, meat and poultry	33.0	1.0 slice	0
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	0
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	0
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0
11270	Mustard greens, raw	56.0	1.0 cup, chopped	0
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	0
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	0
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	0
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	0
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	0
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
20038	Oats	156.0	1.0 cup	0
43214	Butter replacement, without fat, powder	80.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	0
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	0
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
18061	Bread, rye, toasted	28.35	1.0 oz	0
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	0
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	0
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0
02048	Vinegar, cider	14.9	1.0 tbsp	0
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	0
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	0
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0
19387	Frozen novelties, ice type, pineapple-coconut	99.0	0.5 cup (4 fl oz)	0
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	0
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	0
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	0
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	0
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	0
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	0
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0
42040	Syrups, grenadine	20.0	1.0 tbsp	0
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	0
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	0
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	0
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
18384	Bread, rice bran, toasted	28.35	1.0 oz	0
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0
06150	Sauce, barbecue	17.0	1.0 tbsp	0
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0
43026	Syrups, sugar free	240.0	1.0 cup	0
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	0
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	0
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	0
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0
09082	Cranberry-orange relish, canned	275.0	1.0 cup	0
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	0
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	0
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
11005	Arrowhead, raw	25.0	1.0 large	0
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	0
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	0
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	0
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0
17172	Game meat, moose, raw	28.35	1.0 oz	0
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0
11413	Potato flour	160.0	1.0 cup	0
16106	Meat extender	88.0	1.0 cup	0
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	0
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	0
09297	Raisins, golden seedless	165.0	1.0 cup, packed	0
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	0
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	0
20060	Rice bran, crude	118.0	1.0 cup	0
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0

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11248	Lentils, sprouted, raw	77.0	1.0 cup	0
11525	Taro, tahitian, raw	125.0	1.0 cup slices	0
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	0
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	0
09138	Groundcherries, (cape-gooseberries or poha), raw	140.0	1.0 cup	0
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	0
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	0
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	0
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	0
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	0
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0
07912	Roast beef spread	57.0	1.0 serving .25 cup	0
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	0
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	0
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	0
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	0
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
90480	Syrup, Cane	21.0	1.0 serving	0
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	0
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	0
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	0
21419	KFC, biscuit	49.0	1.0 biscuit	0
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
18414	Bread, raisin, unenriched	28.35	1.0 oz	0
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	0
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	0
43128	Chicken, meatless	168.0	1.0 cup	0
11615	Chives, freeze-dried	0.2	1.0 tbsp	0
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	0
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	0
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	0
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	0
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	0
09436	Mango nectar, canned	251.0	1.0 cup	0
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
19355	Syrups, sorghum	330.0	1.0 cup	0
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	0
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	0
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0
11974	Grape leaves, raw	14.0	1.0 cup	0
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	0
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	0
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	0
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	0
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	0
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	0
11156	Chives, raw	3.0	1.0 tbsp chopped	0
11435	Rutabagas, raw	140.0	1.0 cup, cubes	0
16122	Soy protein isolate	28.35	1.0 oz	0
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	0
20076	Wheat, durum	192.0	1.0 cup	0
11935	Catsup	17.0	1.0 tbsp	0
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	0
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	29.6	1.0 fl oz	0
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	121.0	1.0 cup spaghetti	0
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	0
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0
18220	Crackers, melba toast, plain	14.2	0.5 oz	0
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0
03160	Babyfood, fruit, guava and papaya with tapioca, strained	28.35	1.0 oz	0
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	0
04001	Fat, beef tallow	12.8	1.0 tbsp	0
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	0
20035	Quinoa, uncooked	170.0	1.0 cup	0
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	0
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	0
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	0
07031	Ham salad spread	15.0	1.0 tbsp	0
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	0
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0
04583	Oil, mustard	14.0	1.0 tbsp	0
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	0
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	0
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	0
11987	Mushrooms, oyster, raw	148.0	1.0 large	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
13350	Beef, cured, dried	28.0	10.0 slices	0
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	0
36002	APPLEBEE'S, french fries	164.0	1.0 serving	0
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	0
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0
14168	Beverages, Carob-flavor beverage mix, powder	12.0	1.0 tbsp	0
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	0
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	0
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	0
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0
02009	Spices, chili powder	2.7	1.0 tsp	0
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	0
14287	Beverages, Lemonade, powder	18.0	1.0 serving	0
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	0
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	0
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	0
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	0
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	0
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	0
09078	Cranberries, raw	110.0	1.0 cup, chopped	0
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	0
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	0
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	0
07050	Mortadella, beef, pork	28.35	1.0 oz	0
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	0
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	0
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	0
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	0
03176	Babyfood, juice, orange and banana	31.2	1.0 fl oz	0
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	0
09294	Prune juice, canned	256.0	1.0 cup	0
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	0
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	0
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	0
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0
18338	Phyllo dough	28.35	1.0 oz	0
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	0
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0
07005	Blood sausage	100.0	4.0 slices	0
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	0
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	0
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	0
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0
20014	Corn grain, yellow	166.0	1.0 cup	0
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	0
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	0
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	0
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	0
11090	Broccoli, raw	91.0	1.0 cup chopped	0
14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	0
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0
09004	Apples, raw, without skin	110.0	1.0 cup slices	0
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0
05621	Emu, ground, raw	117.0	1.0 patty	0
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	0
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	0
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	0
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0
02028	Spices, paprika	2.3	1.0 tsp	0
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	0
09427	Abiyuch, raw	114.0	0.5 cup	0
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	0
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	0
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0
11970	Cabbage, napa, cooked	109.0	1.0 cup	0
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	0
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
09216	Orange peel, raw	6.0	1.0 tbsp	0
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	0
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	0
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	0
11151	Chicory, witloof, raw	53.0	1.0 head	0
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0
16119	Soy meal, defatted, raw	122.0	1.0 cup	0
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	0
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0
09315	Soursop, raw	225.0	1.0 cup, pulp	0
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	0
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	0
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	0
20073	Wheat, soft red winter	168.0	1.0 cup	0
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	0
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	0
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0
42289	Oil, corn and canola	14.0	1.0 tbsp	0
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	0
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	0
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0
20650	Sorghum flour, refined, unenriched	161.0	1.0 cup	0
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	0
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	0
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
18217	Crackers, matzo, plain	14.2	0.5 oz	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	0
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	0
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0
20032	Millet, cooked	174.0	1.0 cup	0
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	0
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	0
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
09163	Blueberries, dried, sweetened	40.0	0.25 cup	0
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	0
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	0
07028	Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	13.0	1.0 slice	0
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	0
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0
17152	Game meat, beefalo, composite of cuts, raw	28.35	1.0 oz	0
04576	Fat, goose	12.8	1.0 tbsp	0
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	0
11109	Cabbage, raw	89.0	1.0 cup, chopped	0
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0
09277	Plantains, raw	148.0	1.0 cup, sliced	0
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	0
18428	Crackers, wheat, low salt	14.2	0.5 oz	0
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	0
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	0
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
02045	Dill weed, fresh	1.0	5.0 sprigs	0
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	0
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	0
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0
20143	Teff, cooked	252.0	1.0 cup	0
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	0
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	0
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	0
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	0
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	0
02006	Spices, cardamom	2.0	1.0 tsp, ground	0
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	0
14281	Beverages, tea, black, ready to drink, decaffeinated	240.0	1.0 cup	0
20088	Wild rice, raw	160.0	1.0 cup	0
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	0
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	0
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	0
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	0
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	0
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0
11950	Mushrooms, enoki, raw	5.0	1.0 large	0
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	0
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	0
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0
09191	Nectarines, raw	143.0	1.0 cup slices	0
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	0
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	0
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	0
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	0
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	0
04593	Fish oil, salmon	13.6	1.0 tbsp	0
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0
16099	Peanut flour, defatted	60.0	1.0 cup	0
03173	Babyfood, juice, orange and apple	31.2	1.0 fl oz	0
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	0
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	0
07943	Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	28.0	1.0 slice	0
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	0
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	0
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	0
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	0
11241	Kohlrabi, raw	135.0	1.0 cup	0
11518	Taro, raw	104.0	1.0 cup, sliced	0
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0
02065	Spearmint, fresh	0.3	2.0 leaves	0
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	0
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	0
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	0
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	0
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	0
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	0
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	0
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	0
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	0
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	0
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0
04541	Oil, cupu assu	13.6	1.0 tablespoon	0
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	0
11086	Beet greens, raw	38.0	1.0 cup	0
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	0
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	0
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	0
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	0
11601	Yam, raw	150.0	1.0 cup, cubes	0
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	0
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	0
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	0
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	0
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	0
06625	SMART SOUP, Vietnamese Carrot Lemongrass	283.0	10.0 oz 1 pouch	0
43476	Tofu yogurt	262.0	1.0 cup	0
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	0
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	0
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	0
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	0
11427	Purslane, raw	43.0	1.0 cup	0
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	0
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	0
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0
09311	Roselle, raw	57.0	1.0 cup, without refuse	0
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	0
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	0
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0
20070	Triticale flour, whole-grain	130.0	1.0 cup	0
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	0
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	0
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	0
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	0
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	0
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	0
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	0
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	0
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	0
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0
15261	Fish, tilapia, raw	116.0	1.0 fillet	0
20029	Couscous, cooked	157.0	1.0 cup, cooked	0
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	0
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	0
07025	Frankfurter, turkey	28.35	1.0 oz	0
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	0
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	0
20133	Rice noodles, dry	57.0	2.0 oz	0
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	0
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	0
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	0
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	0
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0
43146	Eggplant, pickled	136.0	1.0 cup	0
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	0
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	0
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	0
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	0
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	0
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	0
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	0
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0
11984	Epazote, raw	0.8	1.0 tbsp	0
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	0
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	0
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	0
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	0
19153	Candies, NESTLE, AFTER EIGHT Mints	42.0	1.0 serving 5 mints	0
19912	Sweetener, syrup, agave	6.9	1.0 tsp	0
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	0
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	0
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0
12145	Nuts, pilinuts, dried	120.0	1.0 cup	0
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	0
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	0
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	0
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	0
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	0
18967	Bread, white wheat	28.0	1.0 slice	0
19314	Pie fillings, canned, cherry	74.0	0.125 can	0
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	0
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	0
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	0
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0
10130	Canadian bacon, unprepared	85.0	3.0 oz	0
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	0
19107	Candies, hard	28.35	1.0 oz	0
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	0
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	0
17162	Game meat, caribou, raw	28.35	1.0 oz	0
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0
04590	Fish oil, herring	13.6	1.0 tbsp	0
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	0
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	0
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	0
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	0
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	0
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	0
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	0
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	0
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0
11514	Sweet potato, canned, mashed	255.0	1.0 cup	0
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0
02055	Horseradish, prepared	5.0	1.0 tsp	0
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	0
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	0
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	0
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	0
20325	Cornmeal, white, self-rising, degermed, enriched	138.0	1.0 cup	0
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	0
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	0
18444	Pie, fried pies, cherry	28.35	1.0 oz	0
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	0
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0
11667	Seaweed, spirulina, dried	112.0	1.0 cup	0
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	0
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	0
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	0
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	0
20008	Buckwheat	170.0	1.0 cup	0
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	0
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	0
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	0
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	0
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	0
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	0
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	0
16157	Chickpea flour (besan)	92.0	1.0 cup	0
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	0
04534	Oil, babassu	13.6	1.0 tbsp	0
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	0
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	0
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0
43060	Chewing gum, sugarless	2.0	1.0 piece	0
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	0
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0
11199	Yardlong bean, raw	91.0	1.0 cup slices	0
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	0
02022	Spices, mace, ground	1.7	1.0 tsp	0
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	0
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0
19014	Snacks, fruit leather, rolls	21.0	1.0 large	0
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0
06622	SMART SOUP, Indian Bean Masala	283.0	10.0 oz 1 pouch	0
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	0
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	0
11963	Nopales, raw	86.0	1.0 cup, sliced	0
04047	Oil, coconut	13.6	1.0 tbsp	0
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	28.35	1.0 oz	0
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	0
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	0
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	0
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	0
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	0
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0
16113	Natto	175.0	1.0 cup	0
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	0
09307	Rhubarb, raw	122.0	1.0 cup, diced	0
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	0
06442	Soup, mushroom barley, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0
20067	Sorghum grain	192.0	1.0 cup	0
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	0
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	0
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	0
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	0
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	0
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	0
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0
20025	Cornmeal, yellow, self-rising, degermed, enriched	138.0	1.0 cup	0
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	0
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	33.0	1.0 cup (1 NLEA serving)	0
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	0
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0
17146	Game meat, bear, raw	28.35	1.0 oz	0
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	28.35	1.0 oz	0
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	0
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	0
20130	Barley flour or meal	148.0	1.0 cup	0
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	0
05631	Emu, oyster, raw	85.0	3.0 oz	0
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	0
11216	Ginger root, raw	2.0	1.0 tsp	0
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
02038	Spices, sage, ground	0.7	1.0 tsp	0
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	0
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	0
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	0
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0
19367	Toppings, nuts in syrup	328.0	1.0 cup	0
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	0
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0
04146	Salad dressing, french, cottonseed, oil, home recipe	14.0	1.0 tablespoon	0
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	0
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	0
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	0
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	0
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	0
12142	Nuts, pecans	109.0	1.0 cup, chopped	0
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0
18266	English muffins, whole-wheat	28.35	1.0 oz	0
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	0
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0
16129	Tofu, fried	28.35	1.0 oz	0
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0
03215	Babyfood, pretzels	28.35	1.0 oz	0
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	0
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	0
19304	Molasses	337.0	1.0 cup	0
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	0
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	55.0	27.0 biscuits (1 NLEA serving)	0
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	0
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	0
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	0
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	0
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	0
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
16007	Beans, baked, canned, with beef	266.0	1.0 cup	0
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
09176	Mangos, raw	165.0	1.0 cup pieces	0
14073	Beverages, ZEVIA, cola	355.0	1.0 can	0
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	0
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	0
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	0
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	0
25037	Snacks, pita chips, salted	28.35	1.0 oz	0
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0
16093	Peanuts, valencia, raw	146.0	1.0 cup	0
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	0
19217	Frozen novelties, ice type, fruit, no sugar added	51.0	1.0 bar	0
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	0
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0
11655	Carrot juice, canned	236.0	1.0 cup	0
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	0
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	0
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	0
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	0
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	0
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	0
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	0
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	0
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0
11349	Poi	240.0	1.0 cup	0
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	0
20004	Barley, hulled	184.0	1.0 cup	0
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	0
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	0
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	0
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	0
02016	Spices, dill seed	2.1	1.0 tsp	0
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	0
03238	Babyfood, dessert, tropical fruit, junior	28.35	1.0 oz	0
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	0
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	0
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	0
43046	Candies, nougat, with almonds	14.0	1.0 piece	0
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	0
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	0
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0
02019	Spices, fenugreek seed	3.7	1.0 tsp	0
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
19334	Sugars, brown	3.0	1.0 tsp unpacked	0
06619	SMART SOUP, Santa Fe Corn Chowder	283.0	10.0 oz 1 pouch	0
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	0
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0
11960	Carrots, baby, raw	15.0	1.0 large	0
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	0
04038	Oil, wheat germ	4.5	1.0 tsp	0
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	0
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	28.35	1.0 oz	0
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	0
09206	Orange juice, raw	248.0	1.0 cup	0
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	0
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	0
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	0
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	0
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0
11141	Celeriac, raw	156.0	1.0 cup	0
11418	Pumpkin leaves, raw	39.0	1.0 cup	0
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	0
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0
09043	Blackberry juice, canned	250.0	1.0 cup	0
09302	Raspberries, raw	123.0	1.0 cup	0
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	0
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	0
20064	Rye flour, medium	102.0	1.0 cup	0
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	0
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	0
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	0
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0
14430	Cranberry juice cocktail, frozen concentrate	36.2	1.0 fl oz	0
20466	Semolina, unenriched	167.0	1.0 cup	0
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	0
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	0
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	0
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	0
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	0
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	0
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	33.0	1.0 cup (1 NLEA serving)	0
09149	Kumquats, raw	19.0	1.0 fruit without refuse	0
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	0
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0
11794	Lambquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0
17142	Veal, ground, raw	85.0	3.0 oz	0
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	0
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	0
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	0
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	0
43134	Vegetarian fillets	85.0	1.0 fillet	0
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	0
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	0
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
18044	Bread, pumpernickel	28.35	1.0 oz	0
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
11213	Endive, raw	25.0	0.5 cup, chopped	0
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	0
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	0
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	0
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	0
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	0
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0
11978	Peppers, ancho, dried	17.0	1.0 pepper	0
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	0
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	0
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	0
06115	Gravy, au jus, dry	3.0	1.0 tsp	0
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	0
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	0
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	0
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	0
09322	Tamarinds, raw	120.0	1.0 cup, pulp	0
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	15.0	1.0 serving	0
19300	Jellies	21.0	1.0 serving 1 tbsp	0
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	1.0 serving (2 oz)	0
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	0
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	0
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	0
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	0
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	0
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	0
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	0
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	0
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	0
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
18064	Bread, wheat	29.0	1.0 slice	0
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	0
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	0
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0
02049	Thyme, fresh	0.8	1.0 tsp	0
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0
14024	Beverages, Whiskey sour mix, powder	17.0	1.0 packet	0
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	0
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	0
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	0
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	0
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	0
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	0
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	0
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	0
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	0
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	0
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0
07209	OSCAR MAYER, Chicken Breast (honey glazed)	52.0	1.0 serving (4 slices)	0
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	0
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0
16144	Lentils, pink or red, raw	192.0	1.0 cup	0
02013	Spices, coriander seed	1.8	1.0 tsp	0
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	0
04520	Fat, mutton tallow	12.8	1.0 tbsp	0
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	0
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	0
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	0
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	0
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	0
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	0
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	0
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	0
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0
09083	Currants, european black, raw	112.0	1.0 cup	0
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	0
43406	Yeast extract spread	6.0	1.0 tsp	0
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	0
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	0
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	0
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	0
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	0
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0
04609	Animal fat, bacon grease	4.3	1.0 tsp	0
18242	Croutons, plain	14.2	0.5 oz	0
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
16107	Sausage, meatless	25.0	1.0 link	0
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	0
09040	Bananas, raw	225.0	1.0 cup, mashed	0
09298	Raisins, seedless	165.0	1.0 cup, packed	0
14247	Beverages, tea, black, ready to drink	473.0	16.0 fl oz	0
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	0
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	0
20061	Rice flour, white, unenriched	158.0	1.0 cup	0
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	0
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	0
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	0
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	0
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	0
09139	Guavas, common, raw	165.0	1.0 cup	0
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	0
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	0
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	0
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	0
43299	Soybean, curd cheese	225.0	1.0 cup	0
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	0
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	0
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	54.0	21.0 biscuits (1 NLEA serving)	0
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	0
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	0
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	0
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	0
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	0
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	0
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0
05625	Emu, flat fillet, raw	85.0	3.0 oz	0
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	0
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	0
11616	Dock, raw	133.0	1.0 cup, chopped	0
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	0
17224	Lamb, ground, raw	28.35	1.0 oz	0
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	0
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	0
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	0
11209	Eggplant, raw	82.0	1.0 cup, cubes	0
02032	Spices, pepper, white	2.4	1.0 tsp, ground	0
22911	Chili, no beans, canned entree	240.0	1.0 cup	0
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	0
09442	Pomegranate juice, bottled	249.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0
11975	Grape leaves, canned	4.0	1.0 leaf	0
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	0
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0
14153	Beverages, carbonated, pepper-type, contains caffeine	30.7	1.0 fl oz	0
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	0
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	0
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	0
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	0
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	0
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	0
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	0
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	0
19294	Fruit butters, apple	17.0	1.0 tbsp	0
20077	Wheat bran, crude	58.0	1.0 cup	0
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	0
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	0
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0
19524	Snacks, taro chips	28.35	1.0 oz	0
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	0
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	0
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	0
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	0
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0
04002	Lard	12.8	1.0 tbsp	0
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	0
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	0
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
09173	Longans, dried	1.7	1.0 fruit	0
14066	Beverages, Protein powder whey based	32.0	0.33 cup	0
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	0
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	0
01072	Dessert topping, pressurized	70.0	1.0 cup	0
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	0
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	0
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	0
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	0
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	0
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	0
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	0
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	0
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	0
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	0
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	0
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	0
01173	Egg, white, dried	28.0	1.0 oz	0
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	0
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	0
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	0
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	0
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0
16137	Hummus, home prepared	15.0	1.0 tablespoon	0
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	0
04516	Oil, teaseed	13.6	1.0 tablespoon	0
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	0
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	0
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	0
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	0
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	0
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	0
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0
09079	Cranberries, dried, sweetened	40.0	0.25 cup	0
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	0
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	0
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0
11954	Tomatillos, raw	34.0	1.0 medium	0
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
11003	Amaranth leaves, raw	28.0	1.0 cup	0
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	0
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	0
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	0
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
17170	Game meat, horse, raw	28.35	1.0 oz	0
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	0
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	0
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	0
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0
09295	Pummelo, raw	190.0	1.0 cup, sections	0
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	0
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	0
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0
18339	Popovers, dry mix, enriched	28.35	1.0 oz	0
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	0
11522	Taro shoots, raw	43.0	0.5 cup slices	0
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	0
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	0
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	0
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	0
11677	Shallots, raw	10.0	1.0 tbsp chopped	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	0
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	0
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0
20015	Corn bran, crude	76.0	1.0 cup	0
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	0
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	0
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	0
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	0
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	0
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	0
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	0
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	0
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	0
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0
43114	Vermicelli, made from soy	140.0	1.0 cup	0
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	0
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0
16172	Refried beans, canned, fat-free	231.0	1.0 cup	0
02029	Spices, parsley, dried	0.5	1.0 tsp	0
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	0
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	0
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	0
09428	Rowal, raw	114.0	0.5 cup	0
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	0
19352	Syrups, malt	332.0	1.0 cup	0
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	0
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0
11972	Lemon grass (citronella), raw	67.0	1.0 cup	0
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	0
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	0
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	0
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	0
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0
19137	Toppings, strawberry	42.0	2.0 tbsp	0
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	0
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	0
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	0
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0
09316	Strawberries, raw	152.0	1.0 cup, halves	0
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	0
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	0
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0
20074	Wheat, hard white	192.0	1.0 cup	0
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	0
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0
18106	Coffeecake, fruit	28.35	1.0 oz	0
18360	Taco shells, baked	12.9	1.0 shell	0
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	0
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	0
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	0
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0
12061	Nuts, almonds	143.0	1.0 cup, whole	0
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	0
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	0
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	0
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	0
20033	Oat bran, raw	94.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	0
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	0
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	0
09164	Litchis, raw	190.0	1.0 cup	0
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	0
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	0
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	0
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0
17153	Game meat, beefalo, composite of cuts, cooked, roasted	85.0	3.0 oz	0
04581	Oil, avocado	14.0	1.0 tbsp	0
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0
16087	Peanuts, all types, raw	28.35	1.0 oz	0
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0
09021	Apricots, raw	155.0	1.0 cup, halves	0
09278	Plantains, cooked	200.0	1.0 cup, mashed	0
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	0
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0
07930	Yachtwurst, with pistachio nuts, cooked	56.0	1.0 serving 2 oz	0
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	0
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	0
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
18059	Bread, rice bran	28.35	1.0 oz	0
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	0
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
28322	Bagels, multigrain	81.0	1.0 piece bagel	0
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	0
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0
12147	Nuts, pine nuts, dried	135.0	1.0 cup	0
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0
27064	Wasabi	20.0	1.0 tablespoon	0
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0
11450	Soybeans, green, raw	256.0	1.0 cup	0
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0
02007	Spices, celery seed	2.0	1.0 tsp	0
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	0
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	0
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	0
20089	Wild rice, cooked	164.0	1.0 cup	0
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0
11278	Okra, raw	100.0	1.0 cup	0
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	0
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	0
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	0
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	0
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	0
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	0
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	0
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	0
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	0
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	0
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	0
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	0
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0
09192	Oheloberries, raw	140.0	1.0 cup	0
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	0
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	0
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	0
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	0
17166	Game meat, elk, raw	28.35	1.0 oz	0
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	0
04594	Fish oil, sardine	13.6	1.0 tbsp	0
18235	Crackers, whole-wheat	28.0	1.0 serving	0
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	0
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0
16100	Peanut flour, low fat	60.0	1.0 cup	0
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	0
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	0
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	0
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0
14240	Beverages, cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	0
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	0
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	0
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	0
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0
02066	Spearmint, dried	0.5	1.0 tsp	0
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	0
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	0
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	0
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	0
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	0
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	0
20012	Bulgur, dry	140.0	1.0 cup	0
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	0
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	0
42136	Cream substitute, powdered, light	94.0	1.0 cup	0
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	0
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	0
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	0
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	0
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
04542	Fat, chicken	12.8	1.0 tbsp	0
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	0
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	0
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0
09002	Acerola juice, raw	242.0	1.0 cup	0
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	0
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	0
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	0
18033	Bread, italian	28.35	1.0 oz	0
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	0
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	0
11203	Cress, garden, raw	50.0	1.0 cup	0
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	0
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0
02026	Spices, onion powder	2.4	1.0 tsp	0
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	0
09094	Figs, dried, uncooked	149.0	1.0 cup	0
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	0
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
19018	Fruit syrup	334.0	1.0 cup	0
19349	Syrups, corn, dark	328.0	1.0 cup	0
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	0
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	0
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	0
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	0
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	0
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0
16117	Soy flour, defatted	105.0	1.0 cup	0
03193	Babyfood, cereal, oatmeal, with honey, dry	2.4	1.0 tbsp	0
09313	Sapodilla, raw	241.0	1.0 cup, pulp	0
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	0
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	0
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	0
20071	Wheat, hard red spring	192.0	1.0 cup	0
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0
11549	Tomato products, canned, sauce	245.0	1.0 cup	0
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	0
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0
14531	Alcoholic beverage, whiskey sour	30.4	1.0 fl oz	0
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	0
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	0
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0
09059	Breadfruit, raw	220.0	1.0 cup	0
12058	Nuts, acorns, raw	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	0
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	0
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	0
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0
20030	Hominy, canned, white	165.0	1.0 cup	0
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	0
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
09160	Lime juice, raw	242.0	1.0 cup	0
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	0
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	0
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	0
07026	Ham, chopped, canned	28.35	1.0 oz	0
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0
17150	Game meat, beaver, raw	28.35	1.0 oz	0
04574	Fat, duck	12.8	1.0 tbsp	0
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
25027	Snacks, plantain chips, salted	28.35	1.0 oz	0
11106	Butterbur, (fuki), raw	94.0	1.0 cup	0
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0
20134	Rice noodles, cooked	176.0	1.0 cup	0
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	0
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	0
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	0
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	0
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0
07926	Salami, Italian, pork	28.0	1.0 oz	0
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	0
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	0
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	0
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
02043	Spices, turmeric, ground	3.0	1.0 tsp	0
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	0
01069	Cream substitute, powdered	94.0	1.0 cup	0
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	0
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0
20140	Spelt, uncooked	174.0	1.0 cup	0
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	0
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	0
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	0
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0
18177	Cookies, molasses	28.35	1.0 oz	0
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	0
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0
19154	Candies, sesame crunch	28.35	1.0 oz	0
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
18372	Leavening agents, baking soda	4.6	1.0 tsp	0
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	0
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	0
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	0
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	0
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
18968	Bagels, wheat	98.0	1.0 bagel	0
19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	0
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	0
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	0
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	0
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	0
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	0
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	0
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	0
01124	Egg, white, raw, fresh	33.0	1.0 large	0
14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	0
19108	Candies, jellybeans	11.0	10.0 small	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0
19719	Jams and preserves, apricot	20.0	1.0 tbsp	0
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	0
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	0
04591	Fish oil, menhaden	13.6	1.0 tbsp	0
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	0
11122	Cardoon, raw	178.0	1.0 cup, shredded	0
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	0
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	0
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0
19222	Desserts, rennin, vanilla, dry mix	10.8	1.0 tbsp	0
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	0
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	0
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	0
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	0
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	0
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	0
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0
02063	Rosemary, fresh	0.7	1.0 tsp	0
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	0
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	0
20330	Hominy, canned, yellow	160.0	1.0 cup	0
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	0
18445	Pie, fried pies, lemon	28.35	1.0 oz	0
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	0
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	0
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	0
09252	Pears, raw	140.0	1.0 cup, slices	0
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	0
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	0
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	0
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	0
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	0
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	0
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	0
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	0
04536	Oil, sheanut	13.6	1.0 tablespoon	0
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	0
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	0
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	0
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	0
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	0
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	0
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	0
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0
02023	Spices, marjoram, dried	0.6	1.0 tsp	0
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0
19340	Sugars, maple	3.0	1.0 tsp	0
06623	SMART SOUP, Moroccan Chick Pea	283.0	10.0 oz 1 pouch	0
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	0
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0
11964	Nopales, cooked, without salt	149.0	1.0 cup	0
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0
11297	Parsley, fresh	60.0	1.0 cup chopped	0
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	28.35	1.0 oz	0
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	0
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	0
07061	Mother's loaf, pork	28.35	1.0 oz	0
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	0
11145	Celtuce, raw	8.0	1.0 leaf	0
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0
16114	Tempeh	166.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0
03190	Babyfood, cereal, oatmeal, with bananas, dry	15.0	1.0 serving	0
09050	Blueberries, raw	148.0	1.0 cup	0
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	0
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	0
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	0
20068	Tapioca, pearl, dry	152.0	1.0 cup	0
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	0
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	0
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	0
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0
17183	Game meat, squirrel, raw	28.35	1.0 oz	0
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	0
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	0
07019	Chorizo, pork and beef	28.35	1.0 oz	0
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	0
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	0
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	0
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	0
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	0
20027	Cornstarch	128.0	1.0 cup	0
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	16.0	0.25 cup (1 NLEA serving)	0
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	0
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	0
42161	Bologna, beef, low fat	28.0	1.0 slice	0
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	0
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	0
25024	Pretzels, soft, unsalted	143.0	1.0 large	0
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0
20131	Barley malt flour	162.0	1.0 cup	0
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	0
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	0
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	0
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
02039	Spices, savory, ground	1.4	1.0 tsp	0
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0
09107	Gooseberries, raw	150.0	1.0 cup	0
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	0
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	0
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	0
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	0
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0

NDB_No	Description	Weight(g)	Measure	Retinol(µg) Per Measure
11982	Peppers, pasilla, dried	7.0	1.0 pepper	0
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	0
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	0
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	0
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	0
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	0
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	0
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	0
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	0
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	0
11446	Seaweed, laver, raw	26.0	10.0 sheets	0
16130	Okara	122.0	1.0 cup	0
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	0
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0
09334	Feijoa, raw	243.0	1.0 cup, pureed	0
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	0
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	0
19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	0
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	0
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	0
11945	Pickle relish, sweet	15.0	1.0 tbsp	0